Psychosocial Adjustment to Illness Scale (PAIS)

Purpose Designed to assess the social and psychological factors associated with living with an illness, the 46-item PAIS is a semi-structured interview meant to evaluate seven domains of functioning related to adjustment to illness: health care orientation (attitudes, perceptions, and expectations regarding one's health care), vocational environment, domestic environment, sexual relationships, extended family relationships, social environment, and psychological distress.

Population for Testing The PAIS has been validated with a variety of patient populations with mean ages ranging from 39.6 ± 12.1 years to 59.8 ± 8.4 years. Normative data are available for a variety of patient groups including patients with lung cancer, those undergoing renal dialysis, and burn patients [1].

Administration The scale, requiring between 20 and 30 min for completion, is administered in the form of a semi-structured interview by a trained clinician or interviewer. A self-report, pencil-and-paper version is also available for large-scale research purposes.

Reliability and Validity In a review summarizing the scale's psychometric properties, scale developer Derogatis [2] reports an internal consistency ranging from .12 (for a domain that was later rewritten) to .93 and an interrater reliability of .33 to .86. Additionally, high correlations were observed between the Global Adjustment to Illness Scale and total adjustment scores on the PAIS.

Obtaining a Copy Sample items are included in the original article published by developers [2].

For a complete version, contact:
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Scoring Each of the instrument's 46 items is scored on a scale from 0 to 3, where 0 indicates the greatest adjustment to an illness and 3 denotes the most dysfunctional. The interview format offers suggested questions in order to elicit the responses required for each item, though some interviews may deviate from this structure slightly. Responses for the interview format are rated by a professional clinician or trained interviewer, and a total score is calculated and can then be compared to available normative data.

References

1. Derogatis, L. R. & Derogatis, M. A. (1990). *PAIS & PAIS-SR: Administration, scoring & procedures manual-II* (2nd ed.). Baltimore: Clinical Psychometric Research.
2. Derogatis, L. R. (1986). The psychosocial adjustment to illness scale (PAIS). *Journal of Psychosomatic Research, 30*(1), 77–91.

Representative Studies Using Scale

Moser, D. K., & Dracup, K. (2004). Role of spousal anxiety and depression in patients' psychosocial recovery after a cardiac event. *Psychosomatic Medicine, 66*, 527–532.

Goodwin, P. J., Ennis, M., Bordeleau, L. J., Pritchard, K. I., Trudeau, M. E., Koo, J., & Hood, N. (2004). Health-related quality of life and psychosocial status in breast cancer prognosis: analysis of multiple variables. *Journal of Clinical Oncology, 22*(20), 4184–4192.